

MELTDOWN MASTERY MASTERCLASS

Worksheets

CALM *the* CHAOS[®]

MELTDOWN MASTERY

What types of meltdowns, tantrums and outbursts are you currently dealing with?

How much time are you spending navigating these struggles?

What would be possible if you were not spending all that time on these struggles?

NOTES

PARENTING MYTHS DEBUNKED

MYTH #1:

This doesn't work because...

Instead, I need to...

My stay calm swap is...

MYTH #2:

This doesn't work because...

Instead, I need to...

My connected script is...

PARENTING MYTHS DEBUNKED

MYTH #3:

This doesn't work because...

Instead, I need to...

I will understand my child by...

MYTH #4:

This doesn't work because...

Instead, I need to...

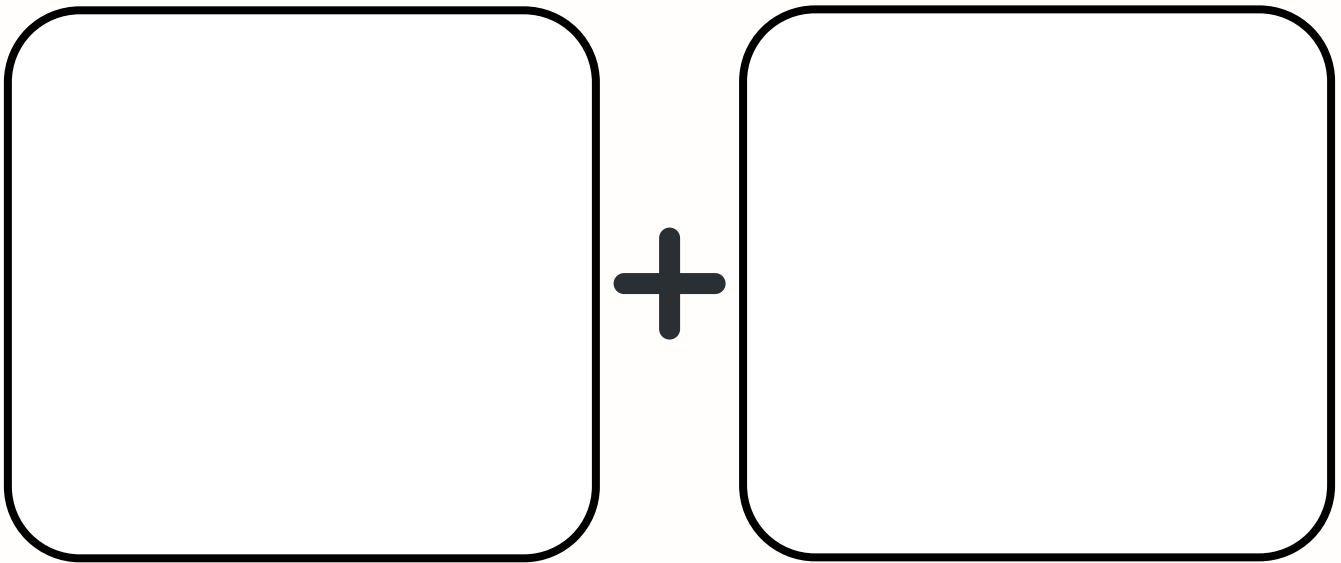
My empowering 1:1:1 is...

PARENTING MYTHS DEBUNKED

MYTH #5:

This doesn't work because...

Instead, I need to...



NOTES

Q³ MELTDOWN Q MASTERY

